

1. **What Letting Go Means in Christ → *Offering Unconditional Love Without Control***

As a grandparent, your heart longs to see your children and grandchildren thrive. When addiction touches the family, the instinct is often to step in, fix, or control. But true love releases control and trusts God's bigger plan. Letting go doesn't mean giving up on your family — it means giving them to Jesus, who loves them even more than you do.

Letting go as a grandparent means:

- **Offering love** without strings
- **Praying** instead of trying to
- **Trusting God** with both the past and the

Think of it this way: You plant seeds in your family garden, but God alone brings the harvest. Your role is to nurture with love and faith.

Scripture: “But from everlasting to everlasting the Lord’s love is with those who fear him, and his righteousness with their children’s children.” (Psalm 103:17)

2. **Steps to Help You Give It to God → *Prioritizing the Needs of Your Grandchildren***

- **Pray First, Speak** Ask God for wisdom before stepping in.
- **Be** Give your grandchildren steady love and encouragement, even if chaos swirls around them.
- **Avoid Taking** Love without favoritism, showing grace to every generation.
- **Provide Stability.** Sometimes your home, presence, or prayers become the safe place they need most.
- **Trust God's** Change may come slowly, but He is faithful.

Daily Breath Prayer:

Inhale: “I trust You...”

Exhale: “...with my family, Lord.”

3. Letters of Honesty and Hope → *Admitting Family Cycles*

Sometimes addiction and brokenness run through generations. Naming that truth can break its power.

Letter Example:

Dear Family,

I have lived long enough to see how some of our struggles have been passed from one generation to the next. I don't want silence to keep that cycle alive. I want you to know I see it, and I pray daily that it ends with us. Our family has faced pain, but we also carry hope.

God is bigger than our past, and He has a future for our children and grandchildren. I love you, and I choose to speak blessing over every one of you.

With all my love, [Grandma/Grandpa/Your Name]

4. Declarations and Blessings → *Speaking Life Over Future Generations*

Use your words to bless and cover your family:

- My grandchildren are gifts from the Lord. (Psalm 127:3)
- God's mercy is new every morning for our (Lamentations 3:23)
- The chains of the past are broken in Jesus'
- Our family will serve the (Joshua 24:15)
- The blessing of the Lord will pass from generation to generation.

Blessing Reminder: Speak these out loud. A grandparent's words carry weight and power in the lives of their family.

5. First Steps in Prayer → *Prayers for Legacy, Blessing, and Healing*

One-Line Prayers:

- "Jesus, bless my grandchildren and keep them "
- "Lord, heal the broken places in our family "

- “Father, let Your blessing flow from me to future ”

A Grandparent's Prayer:

Heavenly Father, thank You for the gift of my family. I bring my children and grandchildren before You today. Where there are wounds, bring healing. Where there are cycles of pain, bring freedom. Cover them with Your love and guide their steps into Your truth. May the legacy I leave be one of faith, hope, and blessing in Jesus' name. Amen.

Note: This kit reminds grandparents that while they cannot carry or control the whole family, they can sow hope, blessing, and prayer into the next generation — leaving a heritage of faith and love.